

# The Dice Game

Get ready for **fun**, **feels** and **frenzy** as you compete to be crowned the 'Dice Game Champion'.

## The kit list

- 1 dice and 1 pen per group
- 1 sheet of scrap paper per person
- Emotions imagery included on the other side of this page



## Number of players

3 to 8 players per group

## Aim of the game: The first person to write the number 50\* becomes the dice game champion

As well as winning and having a whole lot of fun, this game will help to develop emotional literacy.

It will give opportunities to talk about all the emotions felt throughout the game and if necessary, strategies to manage those emotions when they feel big!



## Instructions

Players are arranged in a circle and take it in turns to roll the dice, the only time someone doesn't roll, is if they have the pen and are writing.



### There are 3 magic numbers which direct the game:

**Number 6** = grab the pen and get writing

**Number 1** = switch paper with any other person

**Number 3** = everyone's paper is passed clockwise

You begin writing whatever number is next on the sheet of paper in front of you... if it's a blank sheet of paper you start with 1, 2, 3, 4 etc.

If the last number on the paper you have in front of you is 13, then you'd write 14, 15, 16 etc.

Keep going as fast as you can to get to 50, before you're interrupted by someone else who rolls a 6 and then takes the pen from you!

\*Take into consideration ages and learning needs, offer a tally system or crossing off boxes on a page if more suitable.



## Now you've had the fun and the frenzy, let's talk about the feels...

You will have probably experienced a whole range of emotions as a group when playing the game, the joy of victory, maybe the frustration of the injustice as your paper got taken...

Take some time to talk about the feelings which were experienced, you can use the resources below to help.

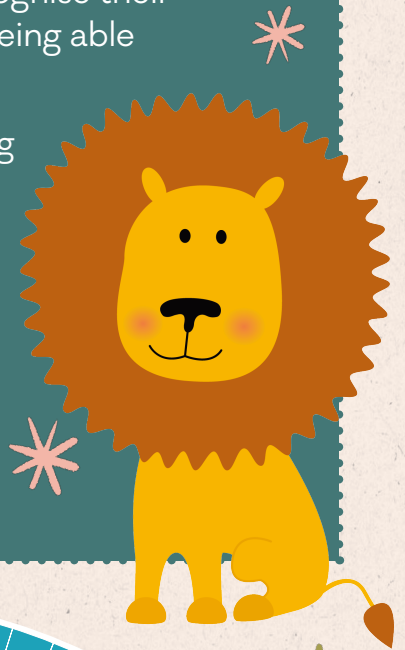
Learning to understand and manage our feelings helps to support our mental health. Being able to recognise and name feelings is an excellent skill to develop.

## Name it to tame it

A skill we can help people to develop, especially children and young people, is being able to recognise their big emotions and being able to name them.

Feelings can feel big and overwhelming, a bit like a lion!

By naming our feelings, we can reduce the intensity of the emotion, and feel less overwhelmed.



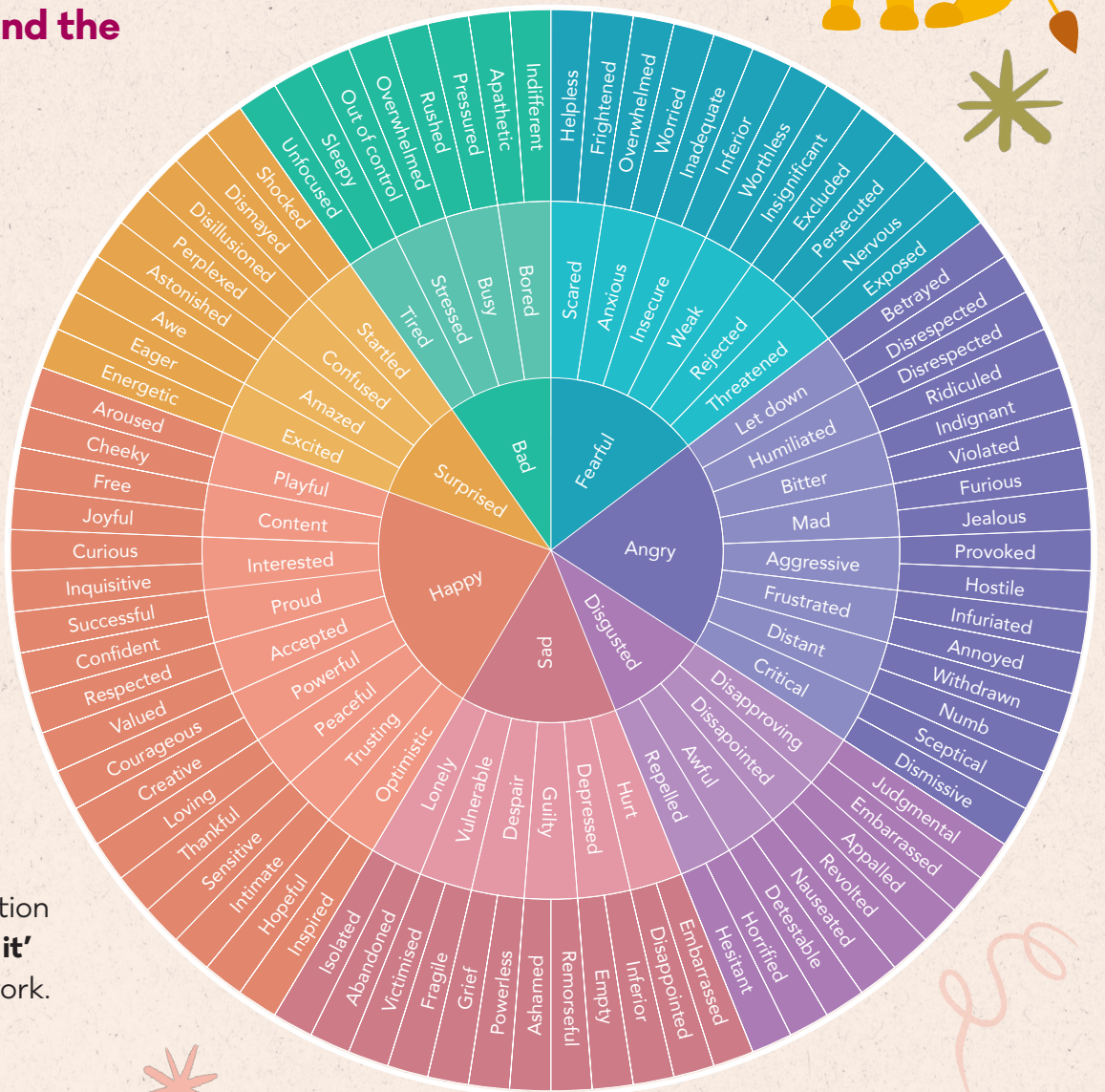
## Emoji emotions and the emotions wheel



For further information about understanding and managing feelings you can head to our website.

[mentalhealth.org.uk](http://mentalhealth.org.uk)

And for further information about 'Name it to tame it' follow Dr Dan Siegal's work.



[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

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